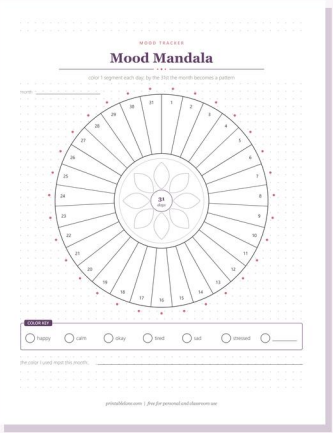
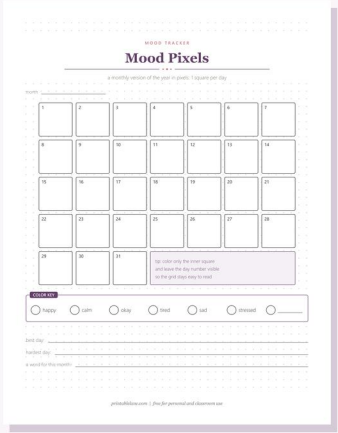
FREE PRINTABLE

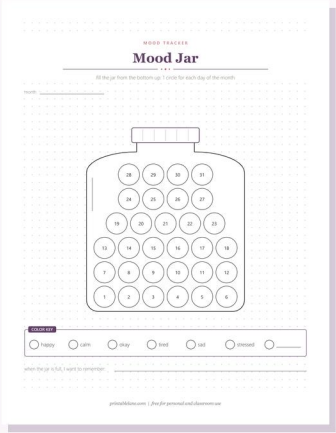
Bullet Journal

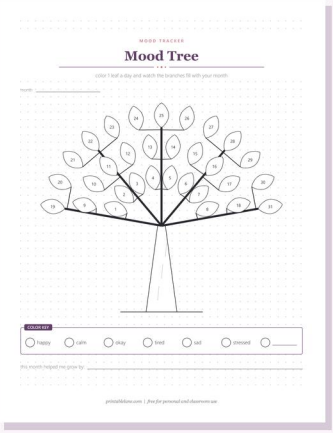
MOOD TRACKER IDEAS

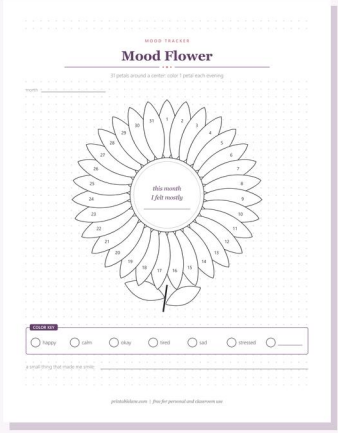
9 undated monthly trackers, 31 days each

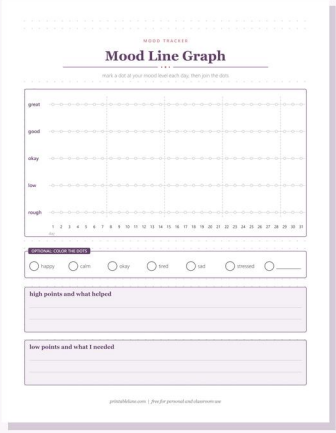


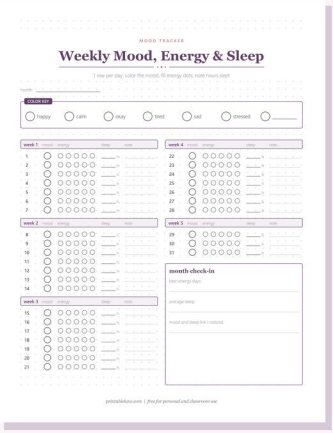


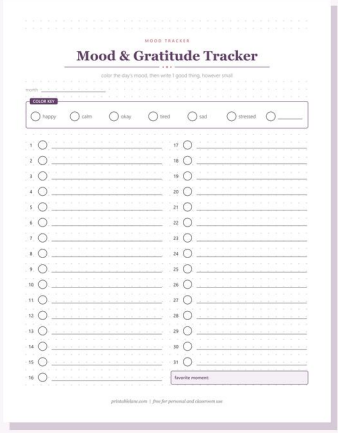


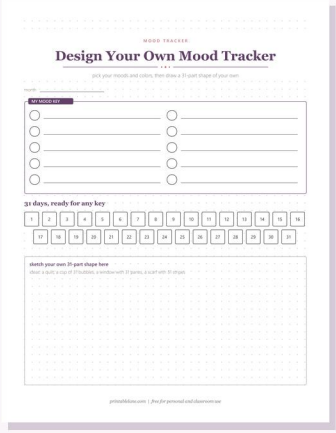










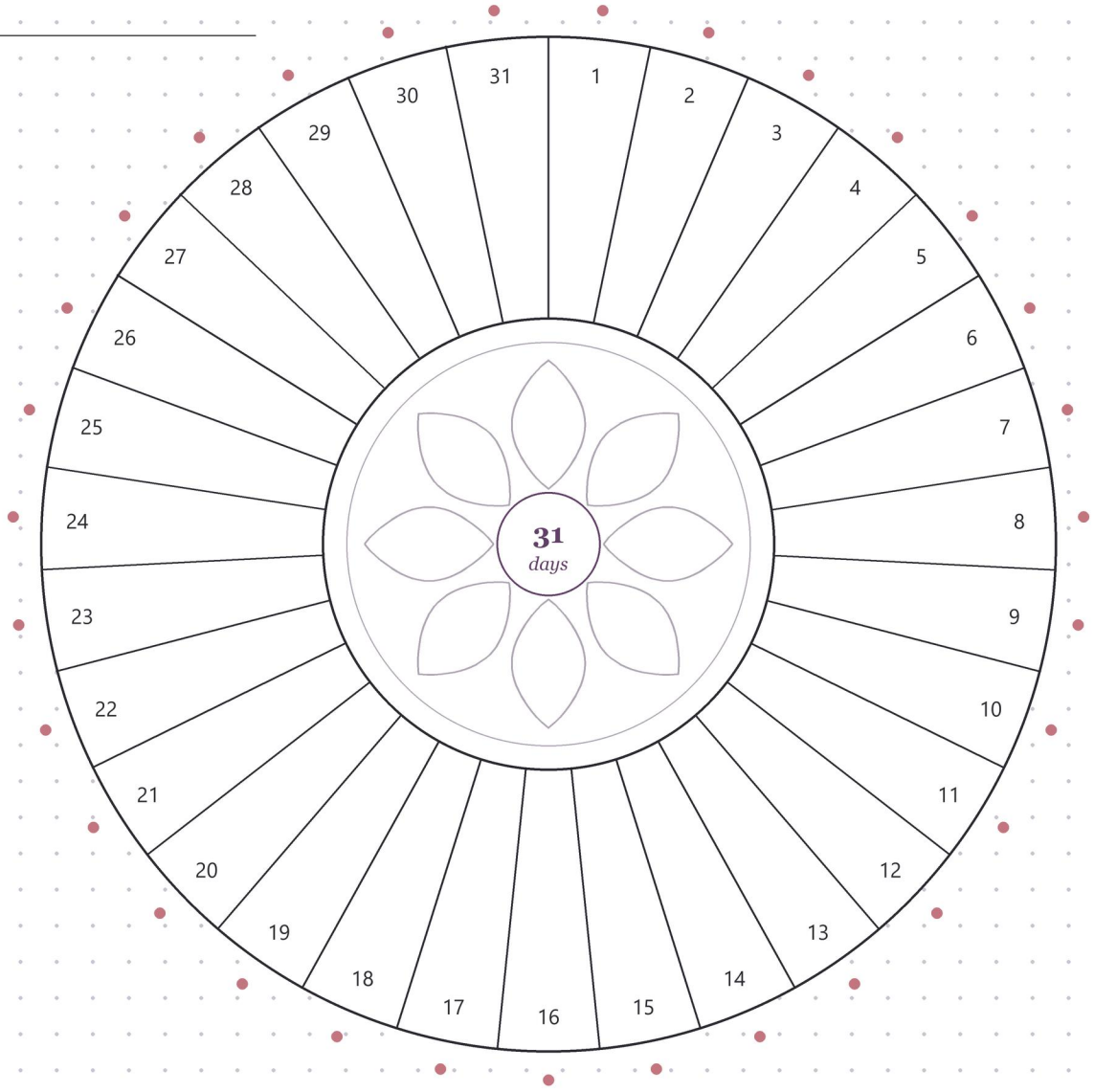


MOOD TRACKER

Mood Mandala

color 1 segment each day; by the 31st the month becomes a pattern

month _____



COLOR KEY

- ◯ happy
- ◯ calm
- ◯ okay
- ◯ tired
- ◯ sad
- ◯ stressed
- ◯ _____

the color I used most this month: _____

MOOD TRACKER

Mood Pixels

a monthly version of the year in pixels: 1 square per day

month _____

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

tip: color only the inner square
and leave the day number visible
so the grid stays easy to read

COLOR KEY

○ happy ○ calm ○ okay ○ tired ○ sad ○ stressed ○ _____

best day: _____

hardest day: _____

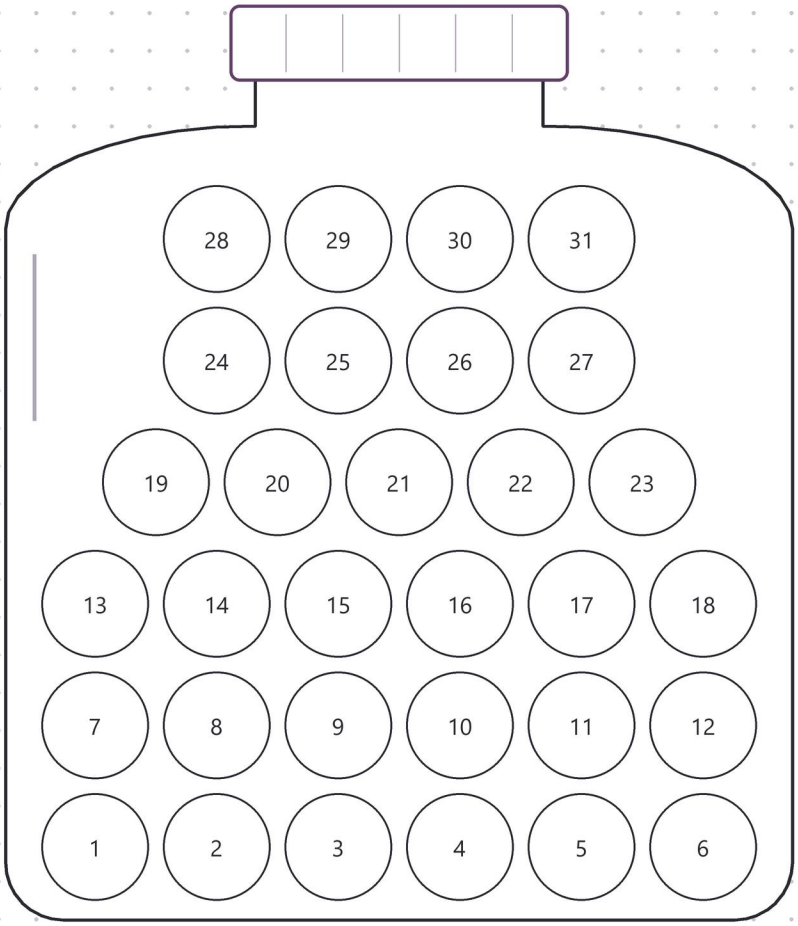
a word for this month: _____

MOOD TRACKER

Mood Jar

fill the jar from the bottom up: 1 circle for each day of the month

month _____



COLOR KEY

○ happy ○ calm ○ okay ○ tired ○ sad ○ stressed ○ _____

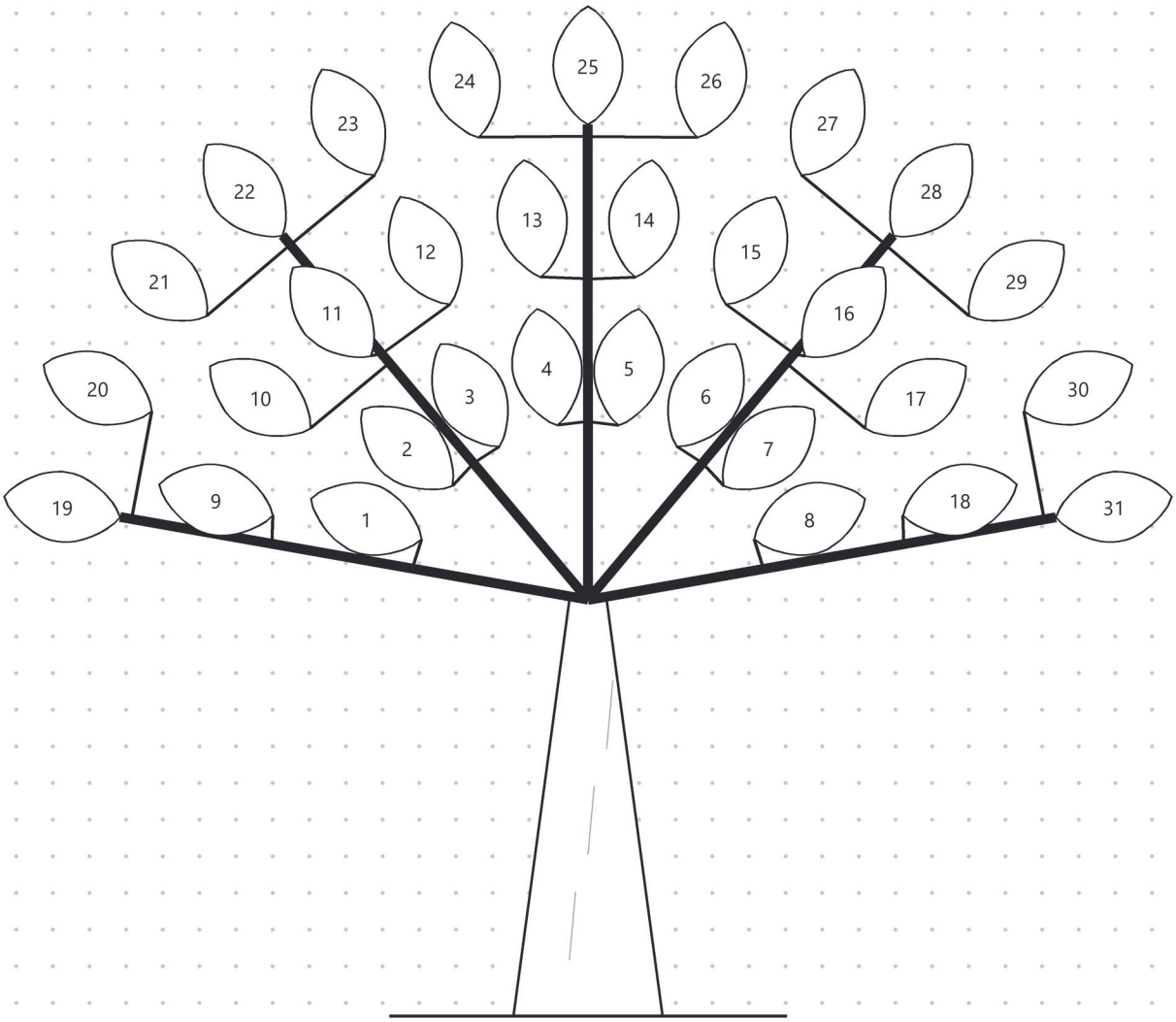
when the jar is full, I want to remember: _____

MOOD TRACKER

Mood Tree

color 1 leaf a day and watch the branches fill with your month

month _____



COLOR KEY

○ happy ○ calm ○ okay ○ tired ○ sad ○ stressed ○ _____

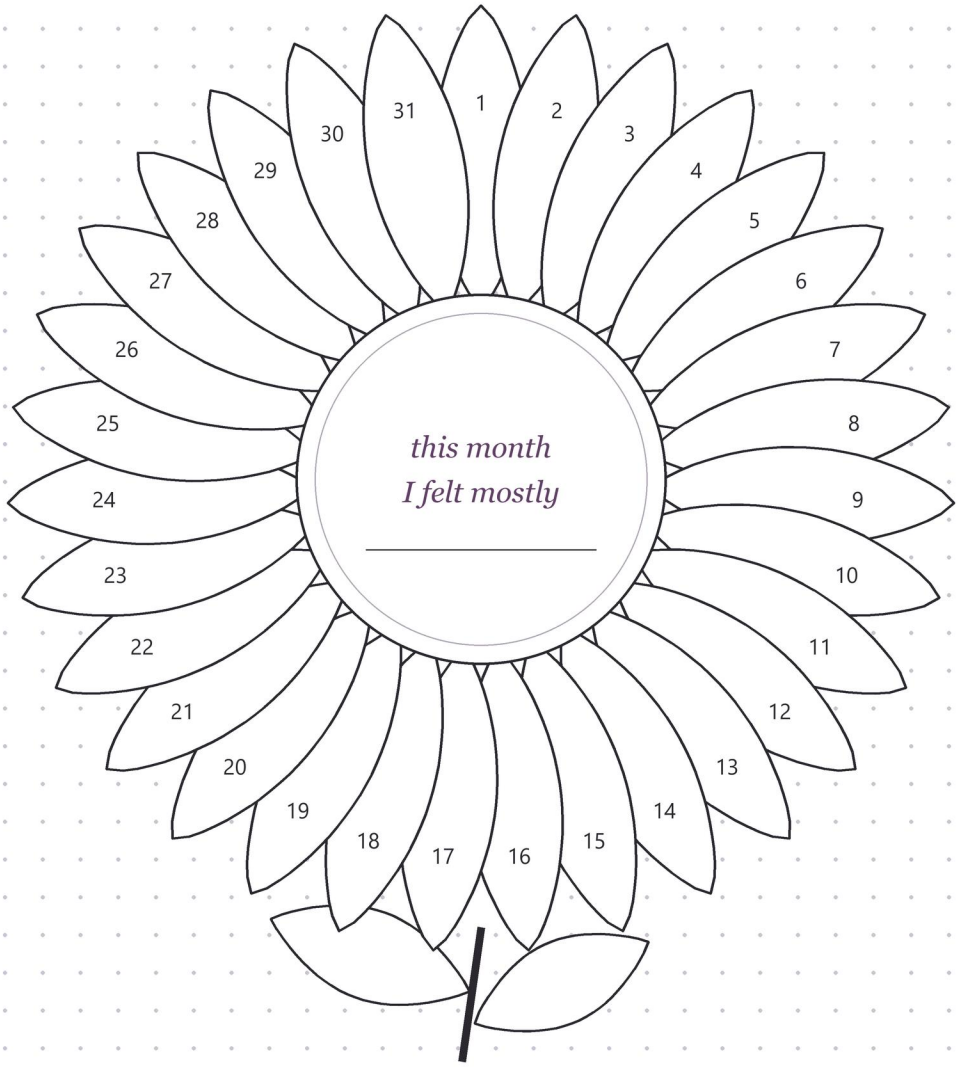
this month helped me grow by: _____

MOOD TRACKER

Mood Flower

31 petals around a center: color 1 petal each evening

month _____



COLOR KEY

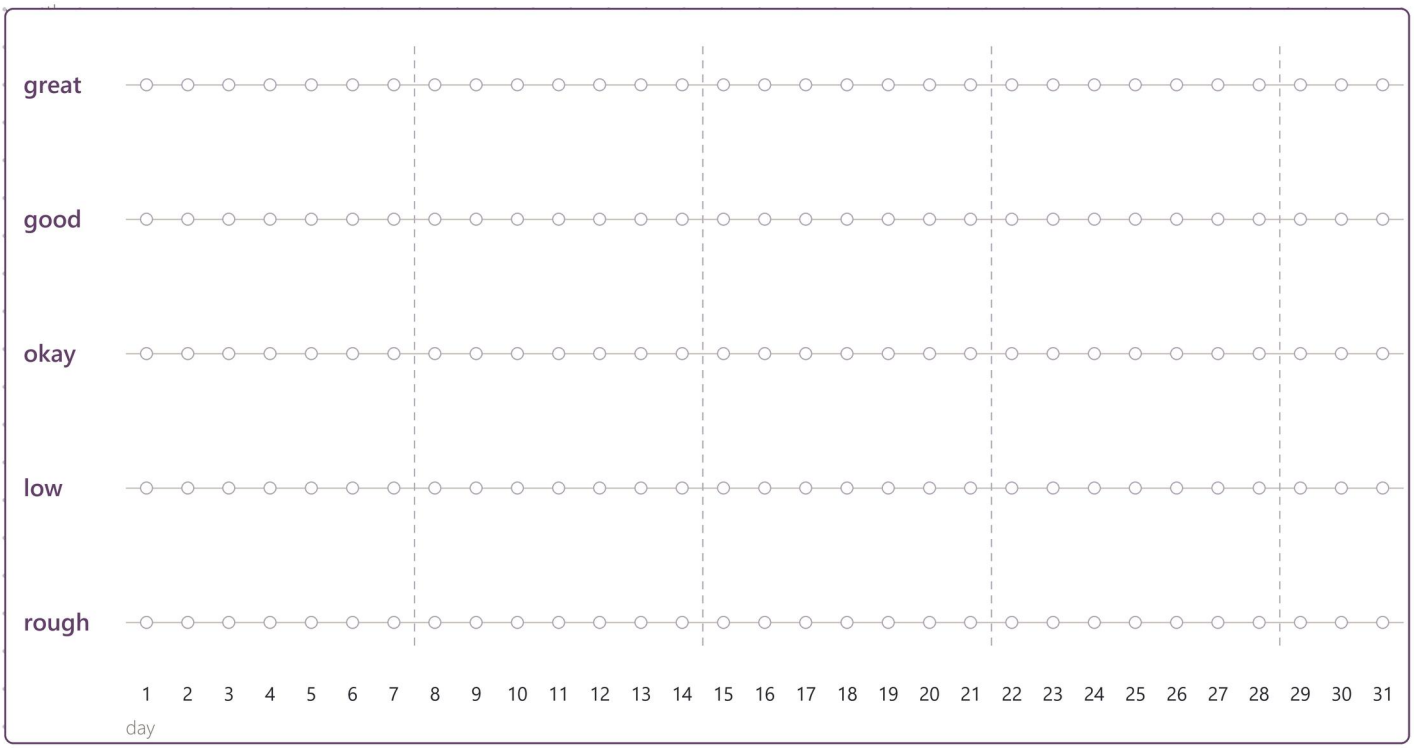
○ happy ○ calm ○ okay ○ tired ○ sad ○ stressed ○ _____

a small thing that made me smile: _____

MOOD TRACKER

Mood Line Graph

mark a dot at your mood level each day, then join the dots



OPTIONAL: COLOR THE DOTS

○ happy ○ calm ○ okay ○ tired ○ sad ○ stressed ○ _____

high points and what helped

low points and what I needed

MOOD TRACKER

Weekly Mood, Energy & Sleep

1 row per day: color the mood, fill energy dots, note hours slept

month _____

COLOR KEY

○ happy ○ calm ○ okay ○ tired ○ sad ○ stressed ○ _____

week 1	mood	energy	sleep	note
1	○	○ ○ ○ ○ ○	____ h	
2	○	○ ○ ○ ○ ○	____ h	
3	○	○ ○ ○ ○ ○	____ h	
4	○	○ ○ ○ ○ ○	____ h	
5	○	○ ○ ○ ○ ○	____ h	
6	○	○ ○ ○ ○ ○	____ h	
7	○	○ ○ ○ ○ ○	____ h	

week 2	mood	energy	sleep	note
8	○	○ ○ ○ ○ ○	____ h	
9	○	○ ○ ○ ○ ○	____ h	
10	○	○ ○ ○ ○ ○	____ h	
11	○	○ ○ ○ ○ ○	____ h	
12	○	○ ○ ○ ○ ○	____ h	
13	○	○ ○ ○ ○ ○	____ h	
14	○	○ ○ ○ ○ ○	____ h	

week 3	mood	energy	sleep	note
15	○	○ ○ ○ ○ ○	____ h	
16	○	○ ○ ○ ○ ○	____ h	
17	○	○ ○ ○ ○ ○	____ h	
18	○	○ ○ ○ ○ ○	____ h	
19	○	○ ○ ○ ○ ○	____ h	
20	○	○ ○ ○ ○ ○	____ h	
21	○	○ ○ ○ ○ ○	____ h	

week 4	mood	energy	sleep	note
22	○	○ ○ ○ ○ ○	____ h	
23	○	○ ○ ○ ○ ○	____ h	
24	○	○ ○ ○ ○ ○	____ h	
25	○	○ ○ ○ ○ ○	____ h	
26	○	○ ○ ○ ○ ○	____ h	
27	○	○ ○ ○ ○ ○	____ h	
28	○	○ ○ ○ ○ ○	____ h	

week 5	mood	energy	sleep	note
29	○	○ ○ ○ ○ ○	____ h	
30	○	○ ○ ○ ○ ○	____ h	
31	○	○ ○ ○ ○ ○	____ h	

month check-in

best-energy days:

average sleep:

mood and sleep link I noticed:

MOOD TRACKER

Mood & Gratitude Tracker

color the day's mood, then write 1 good thing, however small

month _____

COLOR KEY

○ happy ○ calm ○ okay ○ tired ○ sad ○ stressed ○ _____

1	○	17	○
2	○	18	○
3	○	19	○
4	○	20	○
5	○	21	○
6	○	22	○
7	○	23	○
8	○	24	○
9	○	25	○
10	○	26	○
11	○	27	○
12	○	28	○
13	○	29	○
14	○	30	○
15	○	31	○
16	○		

favorite moment:

MOOD TRACKER

Design Your Own Mood Tracker

pick your moods and colors, then draw a 31-part shape of your own

month _____

MY MOOD KEY

○ _____	○ _____
○ _____	○ _____
○ _____	○ _____
○ _____	○ _____
○ _____	○ _____

31 days, ready for any key

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	

sketch your own 31-part shape here

ideas: a quilt, a cup of 31 bubbles, a window with 31 panes, a scarf with 31 stripes